

QC

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Band brings bluegrass sound to La Ronge music scene **P. 8**

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It's time to enjoy the spoils of your strawberry patch **P. 12**

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Former students of Marlin High School get together **P. 10**



BUSINESS WITH A CREATIVE TOUCH

AWARD-WINNING ENTREPRENEUR
CORRIN HARPER THINKS
OUTSIDE THE BOX

P. 4

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#IRWIN KAHAN

Tending the Tree of Life a memoir

Writing my memoir was easy because all I had to do was talk. My oldest daughter Barbara asked me questions about my life. I answered her, she commented on what I said — it was like having a conversation. She typed my answers down on her computer and then edited the manuscript. When she read the revised manuscript to me, I told her what changes to make.

We worked on my memoir for years. Most often, we talked on the phone, because I moved away from Saskatchewan after I retired; sometimes though, our discussions were in person when I visited Barbara in Regina. I grew up on the Jewish farm my community near Lupton, and



IRWIN KAHAN

most of my 36-year social work career was based out of Regina, so I've always loved going back to my home province.

So when the Barbours brought up topics I preferred not to

discuss, such as the tough times on the farm during the drought and the Second World War, but I talk about them in the memoir so that people are aware of the history that shapes our lives.

In general, I enjoyed writing the memoir. I talked interesting stories

the good times in my life, from the cars I played with when I was little to meeting my wife Bonnie. And reflecting on how my work helped people made me feel that my life had value, which is important at the age of 86.

Being part of the Saskatchewan research team in the 1980s that developed a new treatment approach to schizophrenia and also engaged L&O was exciting, and I think contributed a great deal to the psychiatric field. I am also proud of my decades of fighting for better treatment and care of people with mental illness when I was with the Canadian Mental Health Association. Checklists on disclosure will take us in exciting direc-

tion of the Canadian Schizophrenia Foundation. I am sad to think that people with mental illness are still not treated as well as they should be. I hope that my memoir will remind everyone that people with mental illness need as much attention and as many resources as people with physical illness.

Tending the Tree of Life has two illustrations by Wendy Winton.

The book is available in Regina at Treasures Havel Creek Gallery and the MacKenzie Art Gallery Shop in Saskatoon at McNally Bookstore. Bookstores and online from Amazon.ca, McNally Robinson and Well Sage Press. www.wellsage.com



(press has been)

NOTE: Irwin Kahan passed away at the age of 86 on April 8 with his daughter Barbara by his side.

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ON THE COVER P. 4



Through the CBC's *Cori Harper* film series, Harper has become a household name. Harper is a businesswoman and a mother. Photo by Liam Richards.

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The Arrows perform at the Hudson Music Festival. The band is part of a growing music scene in the region. Photo by Liam Richards.

QC COVER PHOTO BY LIAM RICHARDS

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ON THE COVER

I try to be approachable. My door is always open. — Corrin Harper

#CORRIN HARPER

Forging a new future for her firm

By Ashleigh Mattern

Reaching the position of CEO of a company can sometimes be difficult. There are often layers of obstacles, instant, and long delays in getting a response. Not at Inaghtrex, a multi-national market research firm with roots in Saskatchewan.

"We have a very flat structure here," says Corrin Harper, president and CEO of Inaghtrex. Harper is on the cleaning schedule for the kitchen like all the other staff members. "I try to be approachable. My door is always open."

Part of the reason her door needs to stay open is to let Presley the of five dog wander around. Presley is a scruffy grey dog with the official title of "chief canine officer." In 2008 Harper found the dog on the highway and decided to give him a home.

"He comes here every day and kind of hangs out with people," says Harper. "We work in a deadline environment so it's good to have him around to make people feel a little bit relaxed."

The whole environment at the Inaghtrex office in Saskatoon is a bit different than you might expect. Inaghtrex co-owner Larry Goodfellow says their current space was a "red room" before they renovated. "It so badly got lost in here," he says.

Harper had a vision for the space, though, an open office environment. They torn down most of the walls creating a space where your co-worker is just a chair's swing away. Goodfellow calls it "the velvet feel" — if you have a question, you can just turn around and ask your neighbour.

The shared chairs, the office dog and the open energy workplace are all part of a new future Harper and team for market research.

"Research firms are a little bit more sterile, a little bit more conservative, a little bit more dry," she says.



Inaghtrex president and CEO Corrin Harper sits in the company's focus group observation room. QC PHOTO BY LISA KOWALSKI

As a business owner, I don't think you really strive for balance. If you enjoy what you are doing, balance is less of an issue. —Harper



Insights' president and CEO Carolyn Harper has made Profit and Entrepreneur a lot of Canada's Top 100 Women Entrepreneurs. (C) Photo by Lisa Wickham

"But research doesn't need to be that way. In marketing, you are encouraged to take risks and try different things. I don't know why research would be any different."

Insights' "Baskin's WHAT?" video is one example of their sense of humor. In the video, a research team tries to interview a group of Saskatchewanians, but ends up baffled by the use of words like "skibid", "bawbag", and "gobbi". On YouTube, the clip has almost 300,000 views.

As a market research firm, Insights is essentially in the business of answering questions. Clients such as the Saskatchewan Roughriders, Costco Corp. and BCI Inc. hire Insights to help the companies learn more about the people they serve.

"We have a strong reputation for being on-site in our competitors' leading to one industry," says Harper. "I'm always looking at new and different ways of approaching things."

She and her staff regularly attend customer events all over the world, learning everything they can about current research practices. Research may sound dry, but Harper projects an infectious enthusiasm about the topic.

At a recent conference, she learned about a

company that styled a communications document like a comic book.

"That's cool, because would you rather read a comic book, or read a report?" she says. Harper collects items like these, tucking them away for future inspiration.

Her open, creative approach to running the business has reaped rewards: In 2011, she made Profit and Entrepreneur's list of Canada's Top 100 Women Entrepreneurs. The ranking is based on the business's sales, growth rate and profitability.

"I phased in a new first thing," she says. Harper made the list again in 2010. While she's admittedly humble, she admits that making the list in both 2011 and 2012 is a marker that she's doing something right.

"You kind of sit back and you realize, going through the history of everything that we have done, we have made some right decisions. I would say we have made some wrong ones, too, but you know you've made some right ones."

Being an entrepreneur is not always easy, Harper says, but it's tempting for entrepreneurs to take on too much.

Continued on Page 7

Watch For It!

Leisure Guide Fall 2015

WHAT'S IN YOUR NEIGHBOURHOOD?
Find fun outdoor activities in your neighbourhood this Fall
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SLEEPING LESSONS
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When you are working for somebody else, and you are going to work really hard, you kind of figure, why don't I just work for myself? — Harper



Chief revenue officer Heather Brown is a 2008 inductee into the Insight magazine's Canadian Business and Leadership Hall of Fame. She is also a past president of the National Association of Women Business Owners.

"As a business owner, I don't think you really enjoy your bad ones," she says. "If you enjoy what you are doing, failure is less of a terror."

Harper says she does occasionally fall into the trap of overworking it and where that happens, she knows it's time to take a break. To unwind she travels and she practices yoga. Sometimes she practices both hobbies at the same time, like when she attended a yoga retreat in Mexico last year.

Yoga is one of her favourite everyday escapes. "It's a place to think about something else. When you are there, that's all you can think about. You feel so good at it."

Harper grew up on a farm just west of Sturges in west central Saskatchewan, but she says the family business of running a farm was not

her motivation for entrepreneurship.

In fact, she never expected to be her own boss. She earned a bachelor's degree from the University of Saskatchewan, majoring in health care and administration, and spent the next several years working in that field.

Then everything changed after she completed her MBA and started working for a consulting company owned by Goodfellow. She found they were often contracting other businesses to do market research for them, and eventually Goodfellow and Harper partnered, founding Insightful Research in October 2000.

Goodfellow notes that entrepreneurship is recognizing an opportunity and bringing the idea from first flashes into fruition. "Moving that idea to actual fruition has been Goodfellow's strength," he says.

Today, the business has expand-

ed to include Wayville Community Services, a voluntary company and an Insightful office in Australia.

"The Australian office was formed when Insightful staff member Anne St. Hogan moved there, and saw an opportunity. Now the managing director of the Insightful Australia office, Hogan discovered the province of Victoria was much like Saskatchewan."

"You sort of feel like you are in Saskatchewan," says Harper, who has travelled there as part of her work as president and CEO. "They are in the agricultural sector. When you tell them you are from Saskatchewan, they might only know everything about it. There is a really strong connection between the two (provinces)."

While travelling between the two offices is rather cumbersome, Harper says Insightful does take advantage of having two offices on opposite sides of the world. "They call

it synergism," by the way. Tired with you could afford something to Australia, and they can be working on it while you go to sleep."

They're currently looking at moving the office from Hershey, Victoria, in Sydney, and Harper will be there to ensure the move. Spending more than a day in airports and on planes to visit her office on the other side of the world is all part of the adventure in entrepreneurship for Harper, and she says no matter how hard it gets, she wouldn't have it any other way.

"When you are working for somebody else and you are going to work really hard, you kind of figure, why don't I just work for myself?" she says.

"It's a feeling of control, too, you have control over your destiny as an entrepreneur. I don't think I ever part of it. I think if you work hard, it will certainly come. It's kind of liberating."

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MUSIC

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THE ROARING BOREALIS

Band brings bluegrass to La Ronge



LA RONGE band The Roaring Borealis performs at The Majestic Heritage Music Festival. PHOTO BY BARRY HARGREAVE

By Ashley Martin

The key to The Roaring Borealis's old-timey percussion might be found in a dump or in your grandmother's attic.

An old washboard. A tin can. A noisemaker.

All that's left of Colin Jolly's stage, don't drum kit in the name — which he plays with brooms, saw sticks — and the kick pedal, which now hangs against a barstool under.

The wood and corrugated metal washboard at his chest is decorated with a cowbell and a tin can for more dramatic sounds.

"The nice thing is you can get pretty creative, you can add what ever you want" to the washboard, said guitarist Kyle Paulkner. Jolly's banjo-like in the La Ronge-based folk band.

"There's people who've added in cello horns and hotel lobby bells and all kinds of things."

The instrument presented a learning curve for Jolly.

"With the washboard, there's not a whole lot of guidance out there for a new player. Mostly it was just Colin getting creative." Paulkner said in a phone interview from Freer Sound, Ont., where he was wait-

ing out the northern Saskatchewan wilderness.

The Roaring Borealis got its start as Paulkner and Jolly, two Oshawa, Ont., guys, started playing music together in La Ronge a few years ago.

They jammed for the odd show playing typical rock covers at cutting, basement after-parties. Their band name then was a reflection of that — The Noise-makers.

They found their bluegrass niche about a year and a half ago, after Pat Hanley joined in. Hanley, with his fiddle and mandolin, "had a vision of what he thought our

sound could be," said Paulkner. "We were up for something new so it just kind of worked out that way."

The band's "country-fiddle-bluegrass kind of mix" was rounded out a few months later when the trio of school teachers added bassist and wife Jess and Tasha DaBree, who each play bass and guitar.

The band calls its playing "barbaric music for happy people," harmonizing on clatter songs and picking up the pace with hand-clapping, foot stomping members.

The bluegrass niche makes for a challenge in songwriting and

Paulkner "trying to match a style that's so much older — a lot just based on one another."

But covering songs presents a different challenge. Pulling a country pop or pop-rock song like Bushy (The Wins) and So Lonely (The Police) doesn't always work out.

"It's song that sounds really interesting in the original style or sound, really monotone" as a cover, said Paulkner.

The Roaring Borealis is part of a burgeoning northern music scene, Jolly specifically is a big contributor, and Paulkner.

MUSIC



Peter Hanley of La Ronge Band/The Rising Borains. PHOTO BY CORBY HINDOCASTLE

Jelly started a youth music program at Churchill High School, which is fostering the next generation of local musicians.

"It's kind of developing a bigger music scene in La Ronge," said Paulkner.

Jelly has also hosted touring musicians to have concerts every couple of months, which three years ago led to the foundation of the Saginaw Roundie music festival in the heart north of La Ronge.

"Other communities, our size — you'd have to travel to go see some of these acts. It's pretty special," said Paulkner. "Talking to some of the musicians who are from Saskatchewan who haven't really made their way north before, I think they're not really

sure what to expect. La Ronge is small, but it's definitely a thriving community."

The Rising Borains is part of the homelost scenes, now it plays mostly country and community fundamenism. Its next gig is at the mid-August Northern Lights festival near Big River.

In spite of demand, there are no plans to record an in studio of him.

"For as it's a lot of fun playing, but we're all happy with the amount that we're doing and I don't know if we're going to take the next step and start selling."

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ON THE SCENE

MARIAN HIGH SCHOOL REUNION

Marian High School, which was established by the Sisters of Our Lady of the Massara in 1963, closed its doors in 1960. But it never closed the books on its alumni. A quarter of a century after the all-girls high school closed, former students, teachers and nuns from across Canada and the United States reunited in Regina to renew and rekindle old friendships. A wine and cheese gathering washed in the Capital Ballroom at the DoubleTree by Hilton on July 24 to kick off a two-day reunion. Sandra Szepeles, one of the event's four organizers, said the highlight of the reunion was seeing old friends. For her, it was about reuniting with members of "The Dirty Dozen" — a close-knit group of high school friends. Debbie Ward could relate to the Marian students as well as the former teachers because she was there in both capacities. In fact, she started her teaching career at Marian. "It was wonderful. I wouldn't have asked for a better place to start," she said. Students in Grade 9 when Ward graduated were still at Marian when she returned as a teacher. "It was great going back." The Marian reunion also featured an afternoon of fun at Willow Island as well as a banquet Saturday night.

QC PHOTOS BY BRYAN SCHLOSSER



1. Welcome reception at the Marian High School wine and cheese Friday

2. Sandra Szepeles, LuAnne Wolfe and Cindy Wester, Debbie

3. Liane Cooke and Liane Housat

4. Beth MacDonald, a teacher, holds up a T-shirt with a Marian cheer on it

5. LuAnne Dubois and Lynne Petragrew

6. Debbie Smith, Sandra Archer, Jan

7. Sandra Szepeles, Eleanora Ferreira, Karen Davidson, Dawn Hausman, Ingrid Ulrich and Cathy Sprentz

8. Wayne Overton looks at a yearbook

9. Bev Lowenberg and Tracy Jackson

10. Sister Winifred Brown, a former principal, and Jackie O'Hayne

11. Marian High School reunion welcomed grads from 1960 to 1960, as well as former teachers



ON THE SCENE



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GARDENING

GARDENING IN SASKATCHEWAN

Strawberries ripe for the picking

By Sara Williams

There is no comparison between the taste of fresh strawberries from your own garden and those that have arrived via miles on roads from Oklahoma or Mexico, especially now as the local season started a few weeks ago and runs until September. And growing your own is not difficult.

Begin with the site — full sun with shelter from the wind. Avoid low-lying areas that are susceptible to frost damage. Strawberries do best in a well-drained soil that has been cultivated to 10-12 inches and then generously amended with organic matter such as compost or well-rotted manure.

Plant them in mid-spring, being careful not to allow the young plants (especially their roots) to dry out. Place them 18 inches apart within the row with the roots 3 ft apart. The midpoint of the crown should be level with the soil surface. Do not cover the crown with soil. Gently water the soil around the roots and water thoroughly to the depth of the root system and beyond.

Mulch with a few inches of clean straw beneath the foliage and extend it about 18 inches on either side of the plants. Do not cover the crown with mulch. The straw mulch will reduce weeds, maintain soil moisture and keep the foliage and fruit clean. As well, it will prevent the splash of soil-borne disease organisms such as grey mould, (*Botrytis*) onto the fruit.

Disturb weeds between rows with either additional mulch or the bare soil end of a hoe. Apply one inch of water weekly more if extremely hot or windy. Once established, add more the rows with a fertilizer such as 30-0-0 applied according to label directions.

Ripe and ready strawberries are completely red. No further ripening will occur once they are off the plant. Fruit is best picked in the early morning while it is still cool. Leave the "top" and stem on the berry. Avoid harvesting after a rain



Strawberries do best in well-drained soil that has been cultivated to 10-12 inches and then generously amended with organic matter. —SARA WILLIAMS

or irrigation. Wet root diseases can more quickly kill disease in present, you'll be spending it as you move from plant to plant. Refrigerate the berries as soon as possible.

Young plants are generally more productive than older plants. To

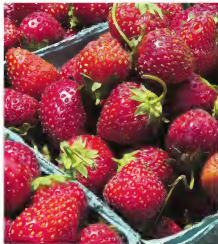
maintain the "youth" of your patch, discard daughter plants (at the end of rampant runners) back into the row — they'll root on their own. To prevent the row from becoming a solid mat, remove older mother plants at the end of the season.

Winter protection is needed where snow protection is not dependable. Cover the plants with 10-15 cm of weed-free straw once temperatures drop to -3°C for several nights running and before -15°C. Remove mulch in early spring once danger

of frost is passed or the plants begin to actively grow.

Whereas your grandparents had limited choices, three types of strawberries are now extensively grown on the Prairies: June-bearing, everbearing and day neutral.

GARDENING



Check a local nursery before choosing which variety of strawberry to grow. BETTY MAGGS FOR PHOTO

June-bearing varieties produce a single crop each year during a three- to five-week period in late June and July. Once fruiting is complete, the plant sends out runners that produce additional plants.

Everbearing cuttings generally fruit twice a year, from late June to early July and again in late August. The fruit is generally softer and less abundant than June-bearers or day neutrals.

Day-neutral cuttings do not depend on day length to produce flower buds; therefore, they produce fruit throughout the growing season. Production is generally heaviest in June and then in August and September. Their total production is greater than the other two types. And they generally produce a good crop their first year.

There are many varieties to choose from. Check with your local nursery and GardenLine (see below) for recommendations.

*Ann Williams is the author of the newly re-produced revised book, *Growing the Perfect Strawberry*. Gardening, Naturally, A cheery, free handbook for the Prairie, and the Southern, Rocky Mountain Park & Sun. A Photographic Master Series will be issuing a garden tour in Great Britain in May 2012 and re-issuing with Melrose Edition, a tour of France and Paris of London in July 2012. Call Ruth (1-800-798-2550) for more information.*

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, July 29

Wednesday Night Folk: Jake Linn Bushwacker, 2206 Dewdney

The Alley Dogs
Lewyfish, 2330 Albert St.

John Fogerty
Brant Centre

Miguel: Halfway to Hollywood
Queen City Ex, Grand Place

Geoff Barker
8 p.m. Artful Dodger, 1031 18th Ave.

Kevin Roy, The Eystander
Creative City Centre
1643 Hamilton St.

Thursday, July 30

Concert series
Miles, City Square Plaza

Country Gospel Singalong:
7 p.m. Our Lady of Peace, 425 Broad St. N.

Live music
Fall Brides, 1932 South St.

Plaid Bar
Artful Dodger, 1031 18th Ave.

Kanada
8 p.m.-2 a.m. The Sip, 306 Albert St.

The Shookummers, Don Walker
Queen City Ex, Grand Place

Planet Earth, Yvonne Demina, Kelynn
The Exchange, 3631 8th Ave.

Friday, July 31

Live music
4-7 p.m. Marchand Lounge, Hotel Saskatchewan, 205 Victoria Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre,
3078 Down St. East/Mike 309-550-3995

GinWineSocms, The Rembrandts,
FuzzBall
Queen City Ex, Grand Place



The Roadhouse plays Thursday as part of the Queen City Ex.

Kanada
8 p.m.-2 a.m. The Sip, 306 Albert St.

Dangerous Cinema
McNally's, 2229 Dewdney Ave.

Pimpton
Artful Dodger, 1031 18th Ave.

DEPS Late Night Radio, Freshkiss,
davey
Okanagan, 1947 South St.

Port Mable, League of One, Almost
Allen, Violent Riffy
The Exchange, 3631 8th Ave.

Saturday, Aug. 1

Open Amuseable Jam
3:30-5 p.m. Broadway's Lounge, 1037
Broadway Ave.

Live music jam
All types of music welcome. Hosted by
Ivor Knitmo.
4-5 p.m. The Sip, 306 Albert St.

Kanada
8 p.m.-2 a.m. The Sip, 306 Albert St.

Hot Kanaka patio party
4 p.m. Broadway's Lounge, 1037 Broad-
way Ave.

Daughter, Snake Oil Slaves
Queen City Ex, Grand Place

Diamond Rio
Casino Regine Show Lounge
1650 Saskatchewan Dr.

Sunday, Aug. 2

Open jam
3-5 p.m. Mojo Club, 639 Victoria Ave.

Kanada
8 p.m.-2 a.m. The Sip, 306 Albert St.

Shawn Mendes, Francesco Yates
Queen City Ex, Grand Place

Fred Eaglesmith
The Artsalon, 2627 12th Ave.

Monday, Aug. 3

Kanada
8 p.m.-2 a.m. The Sip, 306 Albert St.

Tuesday, Aug. 4

Amuseable music
Hoberton, 1661 Dewdney Ave.

Kanada
McNally's, 2229 Dewdney Ave.

The Van Vulture Trio
The Capital, 1634 Hamilton St.

VISUAL ART

Summer in Contemporary Canadian
Photo Art

Works of art explore Canadian land-
scape and wildlife.
July 28-Oct. 31, Scott McPherson Fine
Arts, Regina Centre Crossing, 1623 Albert St.

Pericle Holdsworths Contemporary
Photography

Photos explore the past in landscape.
July 28-Aug. 31, Scott McPherson Fine
Arts, Regina Centre Crossing, 1623 Albert St.

Don Hall: Structures & Artifacts
Until Aug. 1, Mike Gallery, 106-2390
Broad St.

A. Sullivan Vermeulen: The Landscape

Paintings of Leslie Pritchard
The first overview of the exiled
storyteller of Leslie Pritchard
(1918-1994), an immigrant painter
who sold thousands of reproductions
of his own landscape paintings in
national parks, resorts,
department stores and bars across
Western Canada from the late 1930s
through the early 1960s.
Until Aug. 9, Mike Vermeulen Art Gallery, 3625
Albert St.

Adam Martin: Turtle Maats the Sky

A series of paintings capturing the
influence of Treaty 7 on a visual culture
landscape and environment on Adam
Martin's painting.
Until Aug. 10, Saskatchewan Artists' Collec-
tive, 2710 Albert St.

Drummers

The Saskatchewan Craft Council's
biennial juried exhibit features work
in ceramics, textiles, metal glass and
mixed media.
Until Aug. 16, MacKenzie Art Gallery,
3631 Albert St.

Glenn Linn Envo

Works address concerns relating to
genetics, issues surrounding genetic
testing, and our predisposition to dis-
eases. This exhibition features circular
installations of deconstructed and fragile
prints, inspired by the tradition of the
craie (lin circles).
Until Aug. 31, Art gallery of Regina, 2430
Alphington St.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Dance Lata Lata

Works address concerns relating to genetics, issues surrounding genetic testing, and our predisposition to disease. This exhibition features circular rubbings of deconstructed intaglio prints, inspired by the tradition of the *lata* (20th century).
UNO Aug. 31 Art Gallery of Regina,
3620 Glenmore St.

Holly Fay: Floating Worlds

Informational drawings and painted high-contrast landscapes between the representational and the abstract. Derived from an interest in natural phenomena, the works question the relationships within the ecological and physical systems of our natural world.
UNO Aug. 30 Dundas Art Gallery —
Sherwood branch, 6321 Rochdale and
Summer Hubards
UNO Aug. 29 Site Fine Art Gallery,
2078 Halifax St.

David Theuberger: Road Trips and Other Obsessions

This exhibition presents a dynamic installation examining key themes and working processes, developed throughout Theuberger's more than 40 years as a painter and thinker.
UNO Aug. 30 MacKenzie Art Gallery,
3478 Albert St.

Rose-Colored Glasses

Students, with a stack of letters, this exhibition includes by university students includes artworks that reveal vibrant pathways into the Imaginary.
UNO Sept. 1 MacKenzie Art Gallery,
3478 Albert St.

Summer Works by 14 of Saskatchewan gallery artists

Through September. Open Wednesday to Saturday, 11 a.m.-5 p.m. Newsworld Gallery, 2446 Albert St.

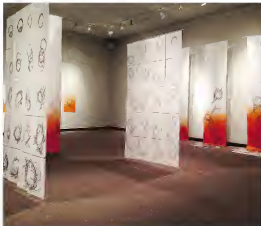
Animabots Gallery

2288 Smith St.
Open Tuesday to Friday, 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Neat Dead Ground

4203-1530 Bloor St.
Open Tuesday to Saturday, 11 a.m.-5 p.m.

Oakland Gift and Fine Arts



Dance Lata Lata art exhibition Dances Lata Lata at the Art Gallery of Regina

Oil and ink paintings by Chinese artists Lingbo Jiang and Huihui Tian.
2213 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

Blind Red Art Gallery

Represents indigenous visual art practices, culture and history found in the province of Saskatchewan, Canada and globally.
Monday-Friday, 9 a.m.-4 p.m.
First Nations University, 1 First Nations Way

PERFORMANCE

The Trial of Louis Riel

July 20-Aug. 1, 7:30 p.m.
Royal Saskatchewan Museum, 2445 Albert St.

History Alive! Vigoritas

Live skills (degit) Important historical moments in Saskatchewan history. Each lasts 30 minutes.
Sunday and Tuesday, 1-4 p.m.
Government House, 4607 Broadway Ave.

History Alive! Vigoritas

Live skills (degit) Important historical moments in Saskatchewan history. Each lasts 30 minutes.
Monday-1-4 p.m.
Legislative building, 3625 Legislative Dr.

Living Poets Society

Spoken word open mic night.
Every Tuesday, 9 p.m.
Huskies Lounge, 2113 Broad St.

DANCING

Salsa on the Plaza

Every Thursday, 7-11 p.m.
City Square Plaza, downtown

Club 66 Dance

Police Post, Lan Ochs and Lan Galois.
Aug. 1, 8 p.m.-midnight.
Regina Senior Citizens Centre, 204 Windsor St.

SPORTS

Speak Telere in the Park
Wednesday, 6:30-8:30 p.m.
Victoria Park

Quidditch in the Park
Wednesday, 6:30-8:30 p.m.
Victoria Park

Regina Red Sox vs. Vankton

July 30, 7 p.m. Currie Field

Regina Red Sox vs. Vankton

July 31, 7 p.m. Currie Field

FOR FAMILIES

Animabots Gallery

Monster truck riding and racing. Ages 3 and up. \$10 per ride. UNO Sept. 30, 10:30 a.m.-6:30 p.m.
North side of the Trans-Canada Highway east of Prince of Wales Drive

Stars and Strikers

Wednesday, 1 p.m.
Chrysler Oldtimer Southland Mall,
3625 Gordon Rd.

Cheers Under the Stars

Wednesday, 7 p.m.
City Square Plaza

Children's day camp

Free for children ages 4-12. Lunch and snacks provided. Parents welcome at mini-soccer and barbecue on Aug. 1. Call 306-690-6212 for details.
July 30-Aug. 1, 9:30 a.m.-4 p.m.
Murray School Gymnasium, 18 Murray St.

Art in the Park

Friday, noon-3:30 p.m.
Victoria Park

RCMP Musical Ride

July 31, 1:30 and 6:30 p.m.
Aug. 1, 1:00 and 6:00 p.m.
Aug. 2, 1 and 5 p.m.
Queen City Exhibition, Box Plaza

Build and Grow Clinics

Build a special feature project. The children ages 5 and up.
Saturday, 10 a.m.
Lower, 4555 Gordon Rd.

Michael's Kids Club

Saturday, 10 a.m.-noon.
2088 Prince of Wales Dr.

Family Resource Clinic

Enjoy a resource film for \$3.00.
Saturday, 11 a.m. Galaxy Cinema,
430 McCarthy Blvd. N.

Continued on Page 18

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Family activities

Saturday and Sunday, 3 p.m.
Saskatchewan Science Centre, 2903
Powerhouse Dr.

Family Studio Sundays

Sunday, 2-4 p.m.
Muckle-rite Art Gallery, 3475 Albert
St.

Science Time for Kids

Interactive workshop aimed at early
learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903
Powerhouse Dr.

Exploration Day in the Park for Kids

For children aged 5-12. Pre-registra-
tion required; call Jamie at 306-539-
7542.
Tuesday, 9:30-10:30 a.m.
Victoria Park

Teen Tuesdays

Comed and hang out for the afternoon
with other teens into all things art.
Tuesday, 1-3 p.m.
SaskArt Art Gallery — Central Branch,
231-12th Ave.

Drop-in crafts and gym

Free event for youth aged 6-10. Tues-
day, 4-6 p.m.
Lusbeev Community Centre, 645 6th
Ave.

MUSEUMS

Alec Yack School Museum

1600 14th Ave.
Twelve by appointment only (306-532-
3000).

Civil Museum of Regina

1575 Dowd St.
Tuesday-Friday 10 a.m.-4 p.m.; Sat-
urday 10am-4pm. Closed Sunday and
Monday.

Government House Museum & Hart
Lodge Property

4501 Q'watsay Ave.
Open daily 9 a.m.-5 p.m.

RCMP Heritage Centre

3907 Swallow Ave.
Open 10 a.m.-6 p.m. daily.

Regina Firefighters Museum



Goof Steiner plays at the Art's Outpost on Wednesday.

1203 Ross Ave.
Yours by appointment (306-775-7716).

Regina Floral Conservatory

14103 S.4th Ave.
Open daily, 9-4:30 p.m.

Royal Saskatchewan Museum

2645 Albert St.
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum

1606 Westminster St.
Open Monday and Thursday 7-9 p.m.,

or by appointment (306-347-5943)

Saskatchewan Science Centre

2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.; Sat-
urday-Sunday and holidays,
noon-6 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame

2203 Victoria Ave.
Monday-Friday 10 a.m.-6:30 p.m.
Closed weekends.

OTHER

HAPPENINGS

Pancake breakfast

Hosted by Rotary Club of Regina.
Hosts are \$7 at the door, or \$60 for
a week of 10.
July 29, 6:30-9 a.m.
Gabel's greenhouse parking lot, 300
McDonald St.

Regina Farmers' Market

Wednesday and Saturday, 9 a.m.-1
p.m.
City Square Plaza, 12th Avenue and
Scarth Street.

Summer Sampler

Learn about a wide range of issues
and engage in conversation over cof-
fee. To register, call 306-582-1048.
Wednesday, 9:30-11:30 a.m.
Lifelong Learning Centre, 2005 Col-
lege Ave.

Yoga in the Park

Wednesday and Saturday, 9 a.m.
Victoria Park

Wards in the Park

Wednesday/noon-1 p.m.
Victoria Park

Queen City Six

July 29-Aug. 1, noon-11 p.m.
Aug. 2, 9:30 a.m.-11 p.m.
Rexie Place

RCMP Sergeant Major's Parade

Wednesday, 12:45 p.m.
RCMP Super Division, 5400 16th Ave.

All Nations Healer's Tree Arts

Learn to play music, dance and per-
form in this arts-based workshop,
cultural traditions and employment
workshops. For people ages 13 to 22
on a budget.
Wednesday, Monday and Tuesday,
5-7 p.m. (supper 4-5 p.m.).
SYWA, 7540 Milehigh Ave.

Market Under the Stars

Regina Farmers' Market vendors,
liquor and food tastings, food trucks,
current series, yoga, salsa dancing,
entertainment and more.
July 29-4-9 p.m.
City Square Plaza

Yoga Party

Thursday, 5-6 p.m.
Victoria Park

Tall Ole in the Park

Saturday, 10-11 a.m.
Victoria Park

Chess in the Park

Saturday, 10:30 a.m.-1:30 p.m.
Victoria Park

Culture on the Plaza

Saturday, noon-1 p.m.
City Square Plaza

Drop-In Creative Writing

Monday, noon-1 p.m.
Victoria Park

What for seniors

For more information call Mary
306-769-9462 or dial 306-119-
1866.
Tuesday, 9:30 a.m.
East sanctuary, Living Spirit Centre,
3015 6th St.

RCMP Sunset Retreat Germany

Tuesday, 5:45 p.m.
RCMP Academy, "Q"opart" Division

Chessing Chess

Drop-in gathering of board game
enthusiasts.
Tuesday, 6 p.m.-midnight.
Rexie Place, 5th Albert St. N

FILM

Brian
Greene

Paul, a teenager in early-1990s
Paris, forms a DJ collective with his
friends and together they plunge
into the nightlife of sex, drugs, and
endless music.

Lambert and Stamp

Documentary
Aspiring filmmakers Chris Stamp
and Keri Lambert set out to find
a slice of their underground
movie, leading them to discover
mentor and become the iconic
band that would be known as
The Who.

Regina Public Library Theatre
2301 12th Ave., 306-777-6104

EVENTS



A documentary about Jerusalem is screening at the Arden Theatre.

To The Arctic 3D

Documentary

A mother polar bear and her twin seven-month-old cubs navigate the changing Arctic wilderness they call home. They struggle to survive in a frigid environment of melting ice, immense glaciers, spectacular waterfalls and majestic snowbound peaks. Narrated by Meryl Streep.

Journey to the South Pacific

Documentary

Narrated by Cate Blanchett, this is a breath-taking adventure to the tropical islands of West Papua, where the beautiful islands and below the sea. Jew, a young island boy, takes us on a journey to encounter whale sharks, sea turtles, manta rays and other creatures of the sea.

Jerusalem

Documentary

A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 3,000 years. The film follows three young Jerusalemis and their families — Jewish, Christian and Muslim — as archaeologist Dr. Joel Wapner explores some historical sites in this region. Narrated by Benedict Cumberbatch.

Kosher Juice
2903 Pineshous Dr.
306-523-6696

NEW MOVIES

Mission: Impossible - Rogue Nation

Action

Tom Cruise returns as Ethan Hunt in the fifth installment of the Mission: Impossible franchise.

Vacation

Comedy

It's 2015 and Rusty (Ed Helms) is all grown-up with a family of his own. Following in his father Clark's (Chevy Chase) footsteps and hoping for some much-needed family bonding, Rusty surprises his wife, Debbie (Christina Applegate) and their two sons with a cross-country trip to Walley World. Unfortunately, Stone Crandal (Chris Hemsworth), Rusty's handsome but irritating brother-in-law, is along for the ride.

Gulley Cinema
430 McCarty Blvd. N.
306-522-8998

Cineplex Cinema
Southland Mall Cinema
3625 Gordon St., 306-365-3383

Redview Cinema
Golden Mile Shopping Centre
3606 Albert St., 306-350-5250

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FOOD

PIZZA OVENS

Little change in design of past millennia

By Susan Groer

Backyard pizza ovens are hot hot hot.

Besides being designed to reach "optimal" cooking temperatures upward of 420 C to 540 C, demand has grown "exponentially," says Allan Hays started selling the ovens five years ago.

Pre-groed and gas-fueled ovens are being surpassed by major retailers.

Some home builders are including this old-fashioned, wood-fired "tech, mology" in high-end, indoor-kitchen, one-ups Hays, owner of Outdoor Pizza Ovens near Burnaby, Ont.

Although the construction materials are better today, the classic ovens

have changed little in centuries — a round hearth covered by a stone-lined dome with a chimney. There is no ventilation behind the stone and the outside can be stone, brick or no one tile.

But the traditional wood-fired ovens, with cooking surfaces from 30 to 110 centimetres or larger, don't come cheap. Even medium-sized ready-made units start at more than \$5,000 and the largest, most elaborate ones can be closer to \$15,000 (shipping and stands not necessarily included).

Hays' area patented in a French-sourced product that's not much bigger than a suitcase, sits on a picnic table, uses wood pellets as fuel and heats to more than 420 C in 30 minutes. It costs \$650.

But here's the thing: If you buy a little one, you're going to wish you had a bigger one," says Hays, who says the most popular size cooking surface with his customers is 81 centimetres.

About half his buyers buy kits to build their own, but even those cost from about \$1,200 to \$5,800.

No why asked: Thousands of dollars to return to a form of cooking that's been around for millennia?

"I think we're all drawn to fire," Hays says. "It's in our DNA. The oven does the work for you and you see the fire and you see your food cooking right before your eyes."

It is very social, with guests able to cook and bake their own pizzas.

(Hays ultimately it's the taste of the

food" and the wood smoke that gives even familiar dishes a new flavour.)

There are two basic kinds of wood-fired outdoor ovens.

In a "black oven," the wood burns on the stone floor. Depending on the oven's size and quality of the wood it takes 45 to 60 minutes to heat the oven to optimal temperatures, Hays says.

The extreme temperatures (reaching from all sides of the dome make cooking very fast — about 90 seconds for a pizza, for example.)

In "white ovens," the fire chamber is below the oven. "You don't have to clean up wood or ash, but they don't hold their heat into the next day as you can't grill as that oven. It's just basically no oven or a smoker."



A wood-fired pizza oven from Ferns Ovens of California. THE CANADIAN PRESS/PHOTO

The Canadian Press

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OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to steph@leaderpost.com. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Pauline Heuvelink**. Longtime artist, thanks to all for your colourful submissions. Try again this week!



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IN THE CITY

JULY 25, 2015 - 10:30 A.M.

Ready for the water



Reporter Robinson helps Christine Goss get her into the dock as part of the Wind On My Wings Sailing Club on Wapiti Lake in Regina on Saturday. The club provides recreational sailing for all ages and physical abilities. [GO TO WWW.LEADERPOST.COM](#)

WINE WORLD

WINE WORLD

Spanish blend great with sunshine and lunch

By James Romanow

There are some wines that cry out for sipping on a patio somewhere. The sunbath, salads and lunch have a tendency to segue gracefully into conversation, drink, appetizers and dinner. Before you know it you are prompted for your deep thoughts and it is suggested you take more afternoon off.

OK. But just another way to be a wine-soaked fool, but there is wisdom in what the two best practices do. Some wines are built for sunbath, salads and sipping. Usually they come from sunny places where the winters are mild and the summers blistering. Who can sip with wisdom earned from such a climate?

I came across a unique Spanish blend recently called *pallo*. I have no idea what the name is translated to, so I'll label it as a blend of *Mascatel* and *Chardonnay*. I suspect this means a blend of *Mascatel* of Alexandria with the *Chardonnay*. It is vaguely possible it is a *Mascatel* from Greece, but I'm betting on the *Alexandria* variety from the palate.

The bouquet is classic *chardonnay* but with a hint of *mascatel* to it, orange peel and maybe some honey (my reason for suspecting *Mascatel* of Alexandria). There is a lovely complexity of fruit with some *grape* and *apple* and a very nice slightly *brisk* finish. This is a great white wine for sipping on lunch. If



drink it with half a chicken breast and the salad (optional).

Whether this is your first glass of the evening or an accompaniment to *barbecue* and *steak*, it is an excellent wine to enjoy this summer.

goRu of *Blanco*, 2010, \$15.99. Will it be a red? A white? A rose? Check us some *honey* time, *honey* glass. And of course in the *Starbucks*. Other stuff on first for *goRu*.

Crossword/Sudoku answers

KISS	CAPO	ASSAM
INCA	ROAD	NITRO
THE	PIERRE	TRAMS
INSTANT	FEELER	
TRA	OMARR	BRADLEY
VIRGOS	GAY	RTS
STIR	GARNET	
SOUTHERN	CROSS	
BRONX	OKAY	
STO	URTI	FOOTLE
CHINESE	CLARENCE	TEN
REVOT	RODGERS	
AMISH	FIVESTARS	
POGIA	DEER	TIER
EBERT	AGOS	ALPS

6	3	9	8	4	7	5	2	1
1	7	2	6	5	3	9	8	4
4	8	5	2	1	9	6	7	3
9	6	8	5	3	4	7	1	2
2	1	4	9	7	6	3	5	8
3	5	7	1	8	2	4	6	9
8	4	6	7	9	1	2	3	5
7	9	1	3	2	5	8	4	6
5	2	3	4	6	8	1	9	7

ARTS & LIFE

EVERY DAY IN THE

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